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PONDERING THE KEYS TO HAPPINESS

VANCOUVER NEWS

Vancouver metro

Your essential daily news | MONDAY, APRIL 20, 2015 | High 18°C/Low 6°C Sun!

SHAD TO THE RESCUE
LIFE

Gloves are off

The Flames' Josh Jooris mixes it up with the Canucks' Brad Richardson in Game 3 of their quarter-final playoff series in Calgary on Sunday. The Flames beat the Canucks 4-2 in the testy affair to take a 2-1 series lead. Coverage in Sports. DEREK LEUNG/GETTY IMAGES

We're still pot capital, says Emery

ACTIVISM

Weed advocate set to make return to 4/20 smoke-up

The "Prince of Pot" says Vancouver still leads the charge toward marijuana tolerance as he gets ready to celebrate his first 4/20 since being released from a U.S. prison.

More than 25,000 people are expected to attend the annual smoke-up outside the Vancouver Art Gallery, first started 21 years ago by activist Marc Emery and his Cannabis Culture enterprise.

Emery, released Aug. 12, 2014 after serving a five-year sentence for selling marijuana seeds to American clients, told Metro that he's returned to a Vancouver that remains one of the most pot-tolerant cities in North America, despite the fact several U.S. states and districts have moved toward legalization and regulation during his incarceration.

"I've been back eight months now and I've noticed a rapid expansion of our exclusive Vancouver 'legalization' scenario. It's much further along than I though it would be when I was released," he said.

While marijuana is not yet legal here, Emery says Vancouver's stance on decriminalization and tolerance has created a safe environment for marijuana-related businesses to thrive. Cannabis varieties and price points are more competitive here than in states like Washington and Colorado that have legalized the drug, Emery says. MATT KIELTYKA/METRO

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metro NEWS
Your essential daily news

Baby Cuban crocodiles coming home. World

Oiled in spill, ducks set free

The last three ducks in rehab for injuries sustained due to the Vancouver fuel spill were released back into the wild at Jericho Beach on Sunday. PHOTOS BY EMILY JACKSON/METRO

ENVIRONMENT

Advisories still on at Crab, New Brighton

Emily Jackson
Metro | Vancouver

The last three ducks remaining in the care of wildlife services after being oiled in the Vancouver fuel spill were released back into the wild Sunday, the day after officials lifted the health advisories on most of the city's beaches.

Two bufflehead sea ducks and one American widgeon duck were "100 per cent healthy" when the team from Focus Wildlife and Environment Canada released them from kennels at Jericho Beach on Sunday, Focus president Chris Battaglia said.

The widgeon flew out of its cage immediately, while the buffleheads were more tentative to take advantage of their newfound freedom. All three birds jetted out over the Burrard Inlet in the direction of the MV Marathassa, which is still moored in the harbour after spilling an estimated 2,700 litres of toxic bunker fuel on April 8.

The ducks underwent intensive rehabilitation during their week in captivity, Battaglia explained. They were washed and placed in pools to restore their waterproofing Tube-fed at first — they lost weight due to the stress — they underwent blood tests every few days.

"Each bird gets a medical exam… it's almost like you go to the hospital," he said.

About 20 to 30 birds were affected by the oil spill, but these three were the last ones in rehab.

There is no way to track them to monitor their post-release condition, as transmitters are still too much to handle for birds their size, Battaglia said.

But the birds were released into a cleaner environment. On Saturday, Vancouver Coastal Health and the City of Vancouver lifted the health advisories on all beaches except Crab and New Brighton.

Lab analysis of beach and water samples did not show harmful oil levels, according to a statement from the unified command centre. No chemical agents were used to clean any of the beaches.

Beachgoers are still asked to be on the look out for remaining oil and to avoid contact if they spot any. Advisories remain on all District of West Vancouver beaches.

FIRST RESPONDERS

Rockslide leads to search in Squamish

Emergency responders say no injuries have been reported after a large rockslide on the Stawamus Chief in Squamish on Sunday.

The slide occurred at 11:50 a.m. in the North Walls area of the Chief's north peak, according to the Squamish Emergency Operations Centre.

The centre says first responders were on scene and conducting a search of the area, although there have been no reports of injured or missing persons.

A geotechnical engineering assessment was also completed.

Mamquam Forest Service Road has been closed at Highway 99 and at Cherry Drive, but Highway 99 remains open.

Photos posted to social media immediately following the slide show a large cloud cascading down the Chief's north peak, and a large scar on its face.

The exact size of the rock slide and its cause is not yet known. The Stawamus Chief is a massive 600-metre massive granite cliff along the Sea to Sky Highway popular among tourists, hikers and mountain climbers. MATT KIELTYKA/METRO

INVESTIGATION

Geocachers could help solve homicide

Homicide investigators are turning to the geocaching community as they try to solve the mysterious death of a Burnaby man.

Elmer Libertino, 33, was found dead on Moscrop Street, near Smith Avenue, in Burnaby in the early morning hours of April 16, but no arrests have been made to date.

The Integrated Homicide Investigation Team (IHIT) believes Libertino took public transit to the area from Surrey between 2 and 3 a.m. but are seeking more information on what happened in the area once he arrived.

On the same night, police say a group was playing an online geo-tagging game called Ingress.

One of the caches players visited was at the corner of Smith and Moscrop.

IHIT spokeswoman Sgt. Stephanie Ashton released a statement on Saturday asking for the geocaching community's assistance.

"We seek the help of anyone in the Ingress gaming community who may have been in the area around the time of Mr. Libertino's death," Ashton said. "Elmer Libertino has no criminal record, he has no contact with police, and he left behind a grieving family who want answers about what happened to their loved one. We ask that if you know something you contact IHIT and share what you know."

Elmer Libertino. CONTRIBUTED

Police are also asking anyone else who may have been in the area at the time to contact them. MATT KIELTYKA/METRO

Thousands of runners in the corral on Georgia Street wait to start the 31st annual Vancouver Sun Run on Sunday. EMILY JACKSON/METRO

Sun Run draws 41,000 participants

EXERCISE

Race is considered good training for marathon

Emily Jackson
Metro | Vancouver

An explosion of neon hit downtown Vancouver on Sunday as tens of thousands of runners laced up for Canada's largest 10-kilometre road race.

Nearly 41,000 people registered for the 31st annual Vancouver Sun Run, an event that showcases the best stereotypes about the city — namely its beauty and its healthy lifestyle-loving residents.

While the Sun Run isn't the city's first race of the season, in the running scene it's widely considered a kickoff and an excellent training opportunity for the upcoming marathon and half marathons.

Coworkers, families, high school groups, aspiring runners and elite athletes started corralling for the race before the sun rose. Decked out in the latest gear — you could almost hear the cash registers ringing at Lululemon and the Running Room — a seemingly endless crowd waited their turn to shuffle to the start line. When they did, they were treated to a route lined with cherry blossoms, cheering supporters and drivers trying to navigate the road closures.

They weaved through the West End, across the Burrard Bridge and finally over the Cambie Bridge with views of the mountains and BC Place in the background.

It takes good luck to find your running buddy in the organized chaos surrounding the finish line, but the soundtrack of congratulations and high fives is equally memorable.

As the casual runners milled about after the race, the elite athletes were rewarded for their victories.

WINNERS

American Luke Puskedra won the men's field in a time of 28:53. Kenyans Daniel Kipkoech and Leonard Kipkoech finished second and third with times of 28:58 and 29:05.

Kenyan Risper Gesabwa won the women's field in 32 minutes and 28 seconds. Second place went to Vancouverite Natasha Wodak in 32:34 and third to Kenyan Jane Murage in 33:17.

Tristan Smyth won the competitive wheelchair division.

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FRAUD

Woman owes Bank of China $670M

A B.C. judge has ordered a whopping judgment of $670 million against the wife of the principal fraudster involved in embezzling money from the Bank of China and tranferring stolen funds to Canada and the U.S.

B.C. Supreme Court Justice Ronald Skolrood found that Kuang Wan Fang (Kuang), did not knowingly participate in the massive embezzlement scheme by her husband, Xu Chaofan (Xu), a former bank vice-president described as the principal architect of the fraud, which involved two other bank managers.

"However, there can be no question that she (Kuang) knowingly assisted in the efforts of the principal fraudsters, including her husband, to cover up the fraud and to disperse and launder the money fraudulently taken from the bank," the judge concluded in a judgment issued last Friday.

The judge found that Kuang converted large amounts of Hong Kong dollars and U.S. dollars into Canadian currency, and helped move funds to Canada.

The lawsuit was filed by the Bank of China in 2001, when the bank obtained an order freezing Kuang's assets. Kuang and her husband were convicted in 2008 after a jury trial in Las Vegas on fraud and money laundering charges. Kuang was sentenced to eight years in prison, her husband got 25 years. She has completed her sentence but her husband remains in prison.

The B.C. court heard evidence that between 1992 and 2001, the Bank of China's Kaiping subbranch was the subject of a $485 million US fraud perpetrated by three senior managers: Xu Chaofan, Xu Guojun and Yu Zhendong.

They reportedly fled to Canada after an audit in 2001 exposed the fraud. NEAL HALL/FOR METRO

EVENT SURREY VAISAKHI PARADE BIGGER THAN EVER More than 300,000 people attended the Surrey Khalsa Day Parade on Saturday, setting a new record for attendance in the process. The annual parade in Surrey, organized by the Gurdwara Sahib Dasmesh Darbar, is billed as the largest Vaisakhi parade outside of India and features 19 floats representing local Sikh schools, community groups and organizations, live performances and music. CONTRIBUTED

Get happy at symposium

RESEARCH

Event to focus on how to live happier lives

Sing this out loud: "If you're happy and you know it, clap your hands!"

Do you feel happier?

John Helliwell, one of the world's leading happiness researchers, said he often makes the quirky request when speaking to people about happiness.

"I get them singing together and clapping and ask them if they're happier after than before," said Helliwell, a professor emeritus at the University of British Columbia's Vancouver School of Economics.

"Typically they are," he added,matter-of-factly. "Because it's just doing something together."

The importance of social cohesion and a sense of belonging on boosting general well-being is just one of the themes up for discussion at a happiness symposium taking place in Vancouver this week.

The event will bring together municipal planners, policy makers, researchers and community members to share anecdotes and best practices aimed at fostering happiness in cities, communities, the workplace and even at home.

> **The science of well-being has now proceeded far enough that there are enough interesting experiments and things to try at the local level.**
> John Halliwell, leading researcher on happiness

"The science of well-being has now proceeded far enough that there are enough interesting experiments and things to try at the local level," said Helliwell, one of the main presenters at Tuesday's symposium.

The Canadian Institute for Advanced Research is organizing the event.

Statistics Canada analyses to be presented on Tuesday show that smaller-scale communities are more conducive to general well-being, said Helliwell.

The main reason is the quality of the social relationships that exist in tighter neighbourhoods, he explained.

"To build happier big cities requires studying and developing the kinds of linkages that happen automatically in smaller communities."

Examples include urban gardens, encouraging volunteerism and making public facilities more accessible to community groups.

The Vancouver symposium takes place two days before the release of the 2015 World Happiness Report. THE CANADIAN PRESS

Learning to eat on the cheap

LIVING BELOW THE LINE

Follow Metro's Gilbert Ngabo as he attempts to live on just $1.75 a day for one week

Gilbert Ngabo
Metro | Toronto

Elia Herrera says she has seen people live on much, much less than $1.75 a day, the amount that conventionally defines the poverty line.

"I come from Mexico and I have known people who live on almost nothing because they have no choice," said Herrera, executive chef at Los Colibris restaurant in downtown Toronto.

She is one of dozens of chefs around the country who are partnering with Live Below the Line, an initiative that is challenging Canadians to experience life on $1.75 a day for a week. It's a campaign to raise awareness of global poverty and raise funds for charities that work to alleviate it.

As willing Canadians take on the challenge — which officially kicks off April 27, although many have started earlier — Herrera and other chefs have come up with menus that can accommodate that tiny budget.

"It's amazing how much you can actually save when you live on cheap ingredients," said Herrera, who moved to Canada 11 years ago.

The menu she developed includes breakfast, lunch and dinner. For just 52 cents, you can get a "Quesadilla De Hongos" or mushroom quesadilla. Ingredients include tortillas, half a cup of shredded mozzarella, half a cup of sliced button mushrooms, four cloves of garlic and pico de gallo. Or pay 59 cents and get an "Enfrijoladas," a black-bean puree with some scrambled eggs, tortillas and half a cup of Cotija cheese. Her menu also includes instructions on how to make the food on your own.

"The important thing here is to be able to help people who are less fortunate," said Herrera. "We are very lucky that we can always eat. The minimum we can do is to always give back to the world."

I'm going grocery shopping. Let's do this.

LIZ BEDDALL/METRO

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IN BRIEF

Son-in-law charged in deadly Richmond fire

The 37-year-old son-in-law of a Richmond woman killed in a house fire early last Monday is facing criminal charges in connection with her death, homicide police said Friday.

Surjit Dosanjh has been charged with second-degree murder following a suspicious fire that led to the death of 66-year-old Elaine Leznoff, according to a statement from the Integrated Homicide Investigation Team.

Leznoff was found dead inside the home in the 10,000 block of Cornerbrook Crescent.

A 13-year-old boy, identified as Kalvin Dosanjh-Leznoff, was found "clinging to life," police said. He remains in hospital and is not expected to live.

Firefighters were called to the home shortly after 2 a.m. following reports that it was engulfed in flames.

Investigators deemed the fire to be suspicious.

Police said Surjit Dosanjh has been estranged from his family since earlier this month and was not living in the home at the time of the fire.

THANDI FLETCHER/METRO

Investigators: Fatal Surrey shooting was targeted

A recent string of shootings in Surrey continued early Sunday morning with an overnight incident that left a man dead.

Police say they responded to reports of gunfire around 3 a.m. at the intersection of 126th Street and 88A Avenue.

A man was taken to hospital but later died from his injuries.

Police say they believe the shooting was targeted.

THE CANADIAN PRESS

Mayor Gregor Robertson and Coun. Geoff Meggs at VCC-Clark Station during the 2014 election campaign. EMILY JACKSON/METRO

Mayor, councillor cleared of conflict

COURTS

Randy Helten disappointed, will consider an appeal

Emily Jackson
Metro | Vancouver

Vision Vancouver Mayor Gregor Robertson and Coun. Geoff Meggs still have their jobs after a judge dismissed a petition to oust them from office for an alleged conflict of interest over a union donation during the 2014 election campaign.

Five residents argued the politicians should be kicked out over the $34,000 donation to Vision from CUPE Local 1004, made after Meggs made a pitch for the union's support at a meeting.

But in his ruling released Friday, Judge Elliott Myers found there is nothing wrong with a politician stating policy in hopes of getting contributions, nothing untoward with supporters of that policy making contributions and nothing wrong with carrying out campaign promises if elected.

"There is no evidence before me indicating that Local 1004's contribution was anything other than a lawful political contribution," Myers wrote in his judgment, which awarded costs to Robertson and Meggs.

The judgment comes after two days of court that revolved around parsing Meggs' words from a tape of the meeting that had been secretly recorded.

In an emailed statement, the mayor said he was pleased the court "thoroughly" dismissed the lawsuit.

"It is a disturbing trend to see people bring forward court action to try and subvert the results of a democratic election," Robertson said. "I'm pleased that the judge has thrown out what was clearly a politically driven lawsuit."

The lawsuit was filed by Randy Helten, a former mayoral candidate and blogger who is critical of Vision Vancouver. In court, the mayor's lawyer referred to Helten and the others as "a bunch of do-good citizens."

Helten is disappointed by the decision and will consider making an appeal, he said in a statement that criticized the province's lack of rules around election donations.

"B.C. is still like the 'Wild Wild West' due to virtually non-existent rules about who can donate and how much money can change hands in local elections," Helten said.

POLICE

New chief constable filling 'big shoes'

Vancouver's new police chief constable Adam Palmer says he won't be making any drastic changes when he takes the helm of the police department.

Speaking to reporters Friday morning, Palmer said outgoing Chief Constable Jim Chu, who has been the department's top cop for nearly eight years, left him with some "very big shoes" to fill when he takes over later this year.

"The chief has laid the groundwork," said Palmer. "We're on a very good track. I'm not taking over a police department that is in any kind of turmoil or trouble. I think things are good."

When he takes over, Palmer said his two main priorities will be building relationships with community leaders and spending time with patrol officers as he adjusts to the new role.

"What I want to do is talk to people, get the pulse, get used to sitting in the chair and then we'll look if we need to make any changes," he said.

A 28-year veteran of the force who currently heads the investigations division, Palmer said being chosen for the role is "a real honour." He said he pinches himself when he goes to work sometimes because it was always his childhood dream to become a police officer. Still, Palmer said he never had aspirations of vying for the department's top spot until after the 2010 Vancouver Olympics when he became deputy chief.

"When you get to that level, you start thinking maybe one day that is a possibility," he said.

Asked about his next steps, Chu said he has no immediate plans except to follow his wife's orders to "take some time off and hang out with her."

THANDI FLETCHER/METRO

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EXPENSE SCANDAL

Over 74 Tory MPs counted on Duffy

It seems everyone wanted a piece of Sen. Mike Duffy.

At least 74 former and current Conservative members of Parliament leaned on Duffy at one point or another to appear at their events, record messages for supporters or stump for them on the campaign trail, documents released at the suspended senator's trial indicate.

Duffy also did work for Ontario, Nova Scotia and Prince Edward Island Tories and several unsuccessful federal Conservative candidates. The former broadcaster's daily diaries for 2009-2012, now a courtroom exhibit, illustrate the full extent of Duffy's celebrity status when he was still in the party's good graces.

Duffy is facing 31 charges of fraud, breach-of-trust and bribery. Eighteen of those charges deal with travel expenses claimed by Duffy, some of which involved travel to partisan events.

His defence has made the case that such partisan activities are an integral part of a senator's parliamentary functions, as stated in the Senate's administrative rules. Lawyer Donald Bayne has also emphasized how much the party leadership bought in to what he was doing.

"To Duff, a great journalist and a great senator," reads one photo entered into evidence, inscribed by none other than Prime Minister Stephen Harper, that shows the two of them together at an event. During one stretch in the summer of 2009, Duffy went to 10 political events in 18 days in two provinces and one territory.

The amount of time Duffy spent travelling and working for his colleagues and the party brass might explain the lengths that the Prime Minister's Office initially went to in order to shield his living-expense claims from scrutiny. THE CANADIAN PRESS

DUFFY'S DUTIES

Some of the duties that Duffy performed:

- Participating in "tele-town hall" calls, in which MPs speak to large numbers of constituents at once
- Visits to Conservative riding association meetings and events
- Shooting videos and messages for the Conservative party
- Appearing in photographs

IN BRIEF

New B.C. law aims to put an end to service-dog fraud

Dogs have long been recognized as man's best friend, but a new law set to take effect in British Columbia later this year is hoping to ferret out the fraudsters in their midst.

The province's newly revised Guide Dog and Service Dog Act is widely thought to be among the first in Canada to tackle the subject of service-animal impersonation, an issue that experts say has escalated sharply in recent years.

While there are no available numbers documenting the problem, service-dog trainers and owners alike say their circles are increasingly abuzz with anecdotes of people putting official-looking paraphernalia on pet dogs in the hopes that they could then enjoy the same broad access rights as certified service animals. THE CANADIAN PRESS

Commuters walk to their trains at Toronto's Union Station, the heart of VIA Rail travel, in 2013. An agreement between Canada and the U.S. could see armed U.S. border guards at Union Station and elsewhere. IAN WILLMS/GETTY IMAGES

Armed U.S. guards may be stationed in Canada

SECURITY

Ports, stations, crossings all possibilities

Armed U.S. border guards could soon be posted to Toronto's Union Station and elsewhere — and if they ever use their guns, they may not be held accountable in a Canadian court.

A border preclearance agreement signed last month by Public Safety Minister Steven Blaney and U.S. Secretary of Homeland Security Jeh Johnson allows armed American border guards to be posted to any port, ferry terminal, land crossing or rail station to clear goods and passengers through customs and immigration before they cross the border.

While U.S. Customs and Border Protection (CBP) officers now preclear passengers at eight Canadian airports, only police may carry firearms in airports, so border agents stationed there aren't armed.

The deal is promoted as a measure to facilitate trade and benefit the economy on both sides of the border, but critics are concerned about a clause granting U.S. agents immunity from Canadian prosecution.

"If U.S. government agents who are on duty on Canadian soil are only going to be liable to be prosecuted in the United States for potential criminal acts in Canada, what does that mean for access to justice for people affected by those actions?" asked Josh Paterson, executive director of the B.C. Civil Liberties Association.

"Is a Canadian really going to be able to access whatever system of redress that might exist in the United States for actions that take place here in Canada?"

Details of the agreement, not yet public, are limited. The number of U.S. guards coming to Canada and where they will be posted will be determined by "the market" and subject to approval by both countries, said Public Safety Canada's spokesperson Josée Sirois.

"U.S. CBP preclearance officers would be authorized to carry the same weapons and restraint devices that (Canadian) border officers are permitted to carry in the same operating environment," Sirois wrote in an email. "That means that they would be able to carry a sidearm in land, rail and marine preclearance operations, but not when preclearing air travel passengers."

U.S. guards would not be permitted to make arrests, she said, but could detain suspects and call local police.

Legal scholars worry about the ramifications of the agreement, though none of those contacted by Torstar News Service would offer an opinion without seeing more details of the deal. TORSTAR NEWS SERVICE

AGREEMENT

The deal won't come into effect until both countries ratify it, which Canada aims to complete next year.

ENVIRONMENT

Canada's time as head of Arctic Council nears an end

Canada will voice its concerns over what it calls Russia's military aggression in Ukraine during a meeting of the eight nations that make up the Arctic Council this week.

"Canada will use the Arctic Council ministerial meeting as an opportunity once again to deliver our tough message to Russia for their aggression against Ukraine," said federal Environment Minister Leona Aglukkaq, Canada's representative to the group and its chairwoman for the last two years.

But while the U.S. is sending its top foreign affairs official, Secretary of State John Kerry, the Russians won't be. Aglukkaq said she'll be making Canada's concerns known to Russia's environment minister, not Foreign Minister Dergei Lavrov.

In an interview before handing over leadership of the council to Kerry, Aglukkaq defended Canada's accomplishments during its two-year term.

Using that term to create a new forum for businesses operating in the North to get together should help create more opportunity in the region, Aglukkaq said.

> **The Arctic is going to develop and it's the private sector that's going to develop the Arctic.**
> Environment Minister Leona Aglukkaq

"I am most proud of the signature initiative around the Arctic Economic Council," she said.

The Arctic Council brings the eight countries at the top of the world together to talk about shared issues and mutual co-operation. Canada has led the group for the last two years and will hand off the chairmanship to the U.S. at a meeting in Iqaluit later this week.

The body can't discuss military or defence matters. But it has gained in importance as the Arctic grabs more global attention and has even negotiated one legally binding treaty.

Some have said the economic council is a way to shift the Arctic Council's focus away from it traditional role of research and advice to promotion of resource development. They point out most of its representatives are from large mining or energy companies and only a few from northern businesses.

But in an interview, Aglukkaq made no apologies for emphasizing business.

"I talked to people from the Arctic on the ground for their ideas," she said. "It was so clear to me that the work of the Arctic Council has to be relevant to the people of the North, should be about supporting the development for the people of the North and that's how we shaped Canada's agenda."

The American priorities for the Arctic Council are significantly different. The U.S. has said it plans to put climate change at the centre of its two-year term and has outlined a program of measures to protect the Arctic environment, such as developing better ways to deal with marine pollution.

The Americans will also start considering the development of a network of marine protected areas. THE CANADIAN PRESS

VCC INFO NIGHT >>
APRIL 22 4-7 PM BROADWAY CAMPUS

This undated video released by ISIL on Sunday shows Ethiopian Christians in eastern Libya being taken to a beach before being beheaded. MILITANT VIDEO VIA THE ASSOCIATED PRESS

Video show ISIL killing Christians

LIBYA

Ethiopian victims likely migrants

Islamic State of Iraq and the Levant (ISIL) militants in Libya shot and beheaded groups of captive Ethiopian Christians, a video purportedly from the extremists showed Sunday.

The release of the 29-minute video comes a day after Afghanistan's president blamed the extremists for a suicide attack in his country that killed at least 35 people — and underscores the chaos gripping Libya after its 2011 civil war and the killing of dictator Moammar Gadhafi.

It also mirrored a film released in February showing militants beheading 21 captured Egyptian Christians on a Libyan beach, which immediately drew Egyptian airstrikes on the group's suspected positions in Libya. Whether Ethiopia would — or could — respond with similar military force remains unclear.

Ethiopia long has drawn the anger of Islamic extremists over its military's attacks on neighbouring Somalia, whose population is almost entirely Muslim. While a militant in the video at one point says "Muslim blood that was shed under the hands of your religion is not cheap," it did not specifically mention the Ethiopian government's actions.

The video could not be independently verified. However, it corresponded to other videos released by ISIL and bore the symbol of its al-Furqan media arm.

The video starts with what it called a history of Christian-Muslim relations, followed by scenes of militants destroying churches, graves and icons. A masked fighter brandishing a pistol delivers a long statement, saying Christians must convert to Islam or pay a special tax prescribed by the Qur'an.

It shows one group of captives, identified as Ethiopian Christians, purportedly held by an ISIL affiliate in eastern Libya known as Barqa Province. It also shows another purportedly held by an affiliate in the south calling itself the Fazzan Province. The video then switches between footage of the captives in the south being shot dead and the captives in the east being beheaded on a beach. It was not immediately possible to estimate how many captives were killed.

In Ethiopia, government spokesman Redwan Hussein said he believed those killed likely were Ethiopian migrants hoping to reach Europe.

THE ASSOCIATED PRESS

IN BRIEF

Hundreds remember 1995 terrorist attack

About 1,000 people gathered Sunday to commemorate the 20th anniversary of the Oklahoma City bombing, which was the deadliest terrorist attack on U.S. soil until the Sept. 11 attacks six years later. Former president Bill Clinton and Oklahoma Gov. Mary Fallin were among those who spoke at Sunday's service at the Oklahoma City National Memorial, where the Alfred P. Murrah Federal Building once stood. The service concluded with survivors and tearful relatives of the dead reading the names of those killed.

THE ASSOCIATED PRESS

MIGRATION CRISIS

Europe shocked as boat sinks off Libya

A smuggler's boat, crammed with hundreds of people, overturned off Libya's coast as rescuers approached, causing what could be the Mediterranean's deadliest known migrant tragedy and intensifying pressure on the European Union on Sunday to finally meet demands for decisive action.

Italian prosecutors said a Bangladeshi survivor flown to Sicily for treatment told them 950 people were aboard, including hundreds who had been locked in the hold by smugglers. Earlier, authorities said a survivor told them 700 migrants were on board.

It wasn't immediately clear if they were referring to the same survivor, and Premier Matteo Renzi said Italian authorities were "not in a position to confirm or verify" the death toll.

Eighteen ships joined the rescue effort, but only 28 survivors and 24 bodies were pulled from the water by nightfall, Renzi said.

THE ASSOCIATED PRESS

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BROADWAY CAM
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5:15 Music – VCC guitar instructor, Daryl Jah discusses how to make the music you want t
6:15 Hospitality Management – Learn abou meet faculty, and find out how you can start
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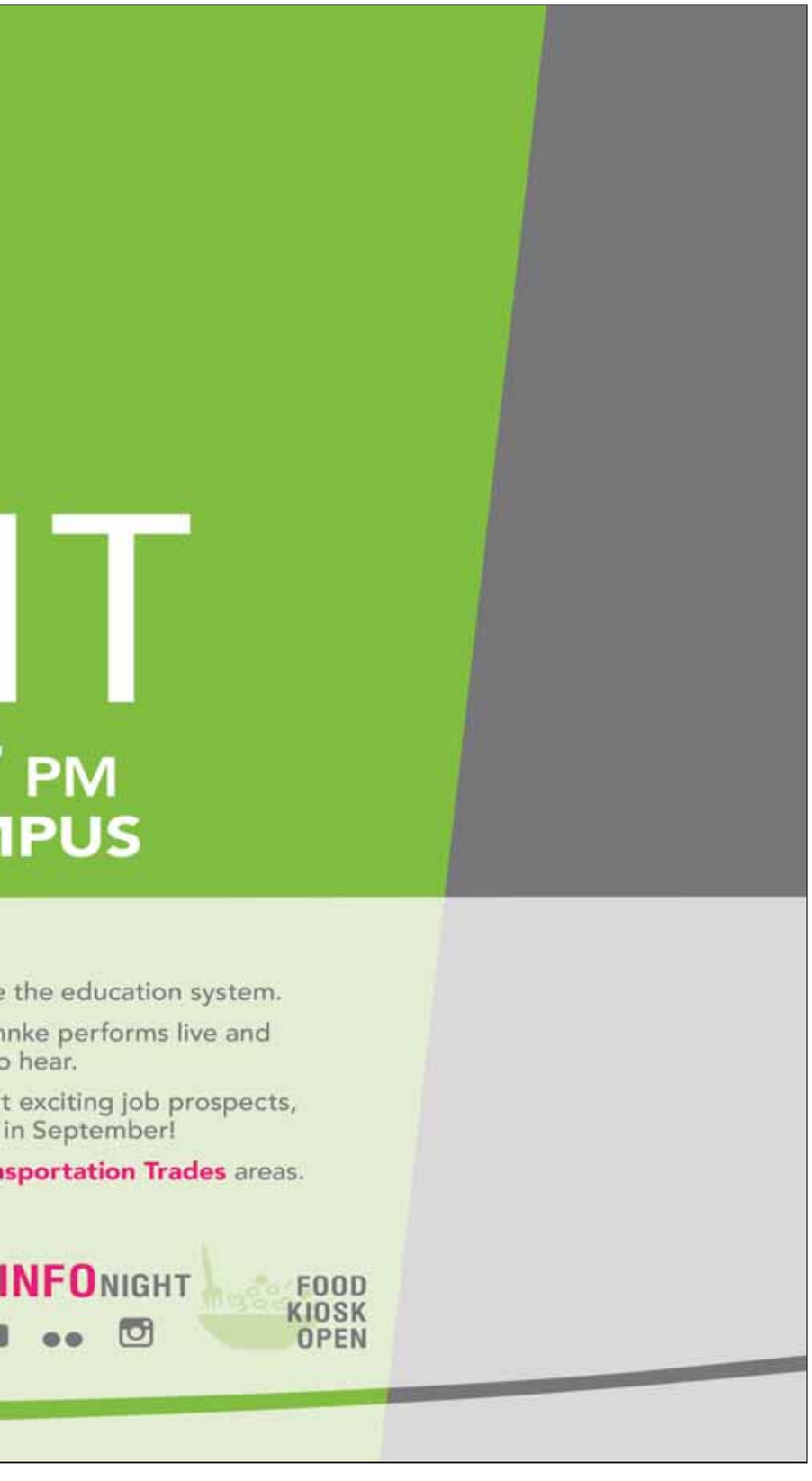

Two adult Cuban crocs in their enclosure at the Skansen zoo in Stockholm. THE ASSOCIATED PRESS

Swedes gift baby crocs to help Cuba

NATURE

Endangered animals leave zoo for release into swamp

Cuba's efforts to sustain the critically endangered Cuban crocodile are getting a boost from Sweden, home to a pair of reptiles that Fidel Castro gave to a Soviet cosmonaut four decades ago.

A Stockholm zoo sent 10 of the couple's children to Cuba, where they will be placed in quarantine and eventually released into the Zapata Swamp, said Jonas Wahlstrom, the zookeeper who raised them.

"It's the dream of any zoo director to be part of releasing animals into the wild," said Wahlstrom, 62, clutching one of the stout-legged youngsters outside its enclosure at the Skansen aquarium and zoo in Stockholm. The 10 crocodiles are each about 1-1/2 years old and a metre long.

The Cuban crocodile, once found across the Caribbean, is restricted today to two swamps in Cuba, where it is threatened by interbreeding with American crocodiles, habitat loss and illegal hunting.

Wahlstrom said he received his original couple during a 1981 trip to Moscow. They had ended up in the Soviet capital after Castro gave them to cosmonaut Vladimir Shatalov in the 1970s as a token of friendship between the communist nations.

"He (Shatalov) brought them back to Moscow and he had them in his flat until his wife said: 'No more!'

And then he had to give them to the zoo in Moscow," Wahlstrom said.

But the zoo officials didn't have a good space for the aquatic reptiles, so they asked Wahlstrom if he could take them to Sweden.

"I had them as my hand luggage back from Moscow," Wahlstrom said.

Zoo officials in Moscow confirmed the background of the crocodiles and their handover to Wahlstrom.

Later named Hillary and Castro — in a nod to international politics — the two crocodiles have become a star attraction at Wahlstrom's zoo, where they have been breeding since 1984.

Wahlstrom said he's sent hatchlings to zoos worldwide, but this is the first time he's given any to Cuba for introduction into the wild.

Cuba's representative to Sweden welcomed the move.

"We need this type of crocodile," Cuban Ambassador Francisco Florentino said as he inspected them. THE ASSOCIATED PRESS

AGRICULTURE

Water-intensive almonds take heat amid California drought

California almonds are becoming one of the world's favourite snacks and creating a multibillion-dollar bonanza for agricultural investors. But the crop extracts a staggering price from the land, consuming more water than all the showering, dish-washing and other indoor household water use of California's 39 million people.

As California enters its fourth year of drought and imposes the first mandatory statewide water cutbacks on cities and towns, the $6.5-billion almond crop is helping drive a sharp debate about water use, agricultural interests and how both affect the state's giant economy.

Almonds have claimed the spotlight as "the poster child of all things bad in water," almond grower Bob Weimer said.

People around the world are eating over 1,000 per cent more California almonds than they did just a decade ago, and last year almonds became the top export crop in the nation's top agriculture state. China's booming middle class is driving much of the demand.

That strong Asian market is producing up to 30 per cent returns for investors, prompting agri-businesses to expand almond planting in the state by two-thirds in the past decade. The crop has come to be dominated by global corporations and investment funds. THE ASSOCIATED PRESS

VANCOUVER COMMUNITY COLLEGE 50 YEARS
VCC INFO NIGHT
VCC.CA/INFONIGHT
APRIL 22 4-7 PM

NEW DELHI ANGRY FARMERS PROTEST NEW LAND RULES Tens of thousands of farmers rally in India's capital Sunday to protest the government's plan to ease rules for obtaining land for industry and development projects. Prime Minister Narendra Modi said existing rules, established in 2013 to protect land owners from land-grabbing and forced relocation, were creating obstacles that were spooking investors and should be simplified to attract foreign business and boost manufacturing in India. Modi passed an executive order in December, doing away with some of the rules. ALTAF QADRI/THE ASSOCIATED PRESS

Oil dip dims hope of budget goodies

FEDERAL BUDGET

Lobbyists told to put 'water in their wine' with requests

As last autumn's colours were setting in, veteran Ottawa lobbyist Dan Kelly was confident the spring would produce a federal budget surplus with ample room for announcements.

But following a long winter, the head of the Canadian Federation of Independent Business is approaching Tuesday's election-year budget with his hopes somewhat in check.

Only about six months ago, the Harper government's surplus kitty for budget day goodies in the 2015-16 fiscal plan was said to have swelled to $6.5 billion, Kelly said.

Cabinet ministers, who had waited years for a balanced budget, were salivating at the thought of being able to spend money for once. Now, they're waiting to see if there are any leftovers for their departments.

By October, everything started to change. First, the Conservatives unveiled their long-promised family tax-and-benefit package expected to carve $4.6 billion in revenue out of public coffers. Then, the weeks that followed brought the plunge in world oil prices, a crash Ottawa has predicted will indirectly chew billions of dollars from its bottom line.

Today, the surplus cupboard is bare and the Conservatives had to scramble to deliver on a long-held pledge critical to their re-election hopes: a balanced 2015-16 budget.

The finance minister has indicated the budget's $3-billion contingency reserve — designed as a cushion against unforeseeable events like natural disasters — could be in play.

Kelly, who had 20 or 30 budget-related meetings over the past year with officials, said the government's shift in tone was impossible to miss.

"With the oil-price decline you could feel it in meetings," he said of his exchanges with the government. "They've been pretty careful to try to make sure that every group that's out there with a budget request puts some water in their wine."

THE CANADIAN PRESS

FLIP SIDE

Cheaper oil turns focus on manufacturing sector

The president of the powerful lobby group, the Canadian Manufacturers and Exporters, believes the oil-price slide may have helped his cause. Jayson Myers said governments are looking to manufacturing and export industries to help lift the country's economic fortunes, particularly as the energy and commodity sectors struggle and consumer spending shows signs of maxing out.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, April 20, 2015

#MYMETRO

Al Donato, 21, Ryerson University student in Toronto

What are you doing?
I'm catching up on news before heading into the misery that is academia — I have an exam in an hour.

What do you like best about Toronto?
Our multiculturalism.

What are you listening to right now?
Earned It by The Weeknd (who also happens to be from Toronto.)

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll repost you and feature a reader pic from across Canada in this spot every Monday.

Learn how to lobby if you want affordable housing

CITY HOLLER
Trish Kelly

Eveline Xia's twitter campaign #DontHave1Million has hit a nerve with young professionals super bummed about the impossibility of home ownership in Vancouver. The campaign, which encourages social-media users to post their age, profession, and gender to raise awareness of unaffordability in the city could be the start of something significant.

Recent university grads went into their degree programs expecting they'd obtain good jobs upon graduation, maybe better jobs than their parents had. Now, after busting their butts in school, they're sitting down to do the math on how long it will take them to get the white picket fence their parents had, and the answer is: probably never. Not in Vancouver.

A Vancity study released last month says that by 2030, Vancouver will see the average home price exceed $2.1 million. Vancity measures affordability in terms of the percentage of gross income required for home ownership. Less than 32 per cent is deemed affordable. By this definition, in 2018, just three years from now, everything in downtown Vancouver, even condos, will be unaffordable.

It's important to note, almost all Vancouverites are feeling pretty ripped off these days. The city isn't just discouraging for young professionals wanting a semi-detached home. It's depressing for working-class families who've been waiting years with crossed fingers for a rare spot in geared-to-income co-op housing. Vancouver's become punishing for working-poor families competing with students for cruddy basement suites. It's impossible for tenants who can't even get a bedbug-infested room for the social assistance shelter rate that hasn't changed since 2007.

The #DontHave1Million campaign is getting lots of attention and retweets, but will it result in any change for this generation? Not unless it finds a vehicle for this discontent in the real world. These frustrated young people better figure out a way to channel their concern from social media hashtagging to actual political advocacy, because politicians don't listen to Twitter users, they listen to voters. Organized voters.

Here's one idea: UBC's Paul Kershaw has launched Generation Squeeze, a national lobby group aiming to, among other issues, improve affordability for Canadians in their 40s and younger.

The project is modelled on the success of the Canadian Association of Retired Persons — we all know how politicians prick up their ears when Boomers declare what they want.

Kershaw's organization wants to make the federal government pay attention to obstacles faced by younger Canadians, such as the high cost of housing and child care, stagnant wages, and high debt loads.

How bad things are can be seen in a video called What Is Generation Squeeze? at gensqueeze.ca. One profound image shows just how little family incomes have grown since 1976 and why all of us who can't see a future in our city need to stand together.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

When people think about trans, they think about genitals

Laverne Cox is one sexy woman.

The Orange is the New Black star lounged nude on what looks like luxurious linen for a photo shoot in the May issue of Allure magazine, a statement as much about trans as it is about sex.

Then there's Aydian Dowling, a transgender male model who's the front-runner in a competition to grace the cover of Men's Health magazine in November (also, may I say, quite attractive).

The trans community now has mainstream sex symbols — amen to that. This is a trans moment, a crescendo of news coverage where sex icon is a next step toward mainstream acceptance, twisted as that might be.

I want that acceptance for trans people, even if we have to wade through some dirty media coverage to get there.

Like that of Bruce Jenner. I never watched him in Keeping Up With the Kardashians, but I plan to watch him being interviewed by Diane Sawyer this weekend about the very loud rumours that he's transitioning. Jenner has confirmed nothing, but media are having a field day, photoshopping makeup onto his face, pestering his children about his gender, using trans jokes as headlines.

Canadian trans activist and writer Christin Milloy told me it's "disgusting." But don't blame Jenner. You can't ask a Kardashian (even one by marriage) to avoid making a public spectacle. And Jenner has every right to come out the way he wants.

The blame lies with us, for putting our own fascination with trans people over respect for them.

Milloy described it both as a curiosity with gender roles themselves, which none of us fit perfectly, and also "a misguided sexual fascination. When people think about trans, they instantly think about genitals."

But not all press coverage stoops to those lows. Stories about a teen's suicide in Ohio and how a transgender girl is getting support from her parents in Ottawa give a face to trans issues that can change minds.

"It's easy to hate an abstraction, it's much harder to hate real people," as Matthew Breen, editor in chief of the well-respected LGBT magazine The Advocate, noted.

For Cox, posing nude was a way to empower others. "Trans women certainly are not told we're beautiful," she told Allure. "Seeing a black transgender woman embracing and loving everything about herself might be inspiring to some other folks."

It's a laudable goal. I don't often tell people to go look up nude photos. But this is one of those times.

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Shad stands on guard for q

RADIO

Musician ready to push himself to save CBC's flagship show

Rosemary Westwood
Metro | Toronto

It's Day 1, the beginning of the answer to the question: Can Shad save the show formerly known as Q?

Months of rotating hosts have sustained it, but the CBC's flagship arts program — rebranded as q — is in desperate need of someone with the charisma that Jian Ghomeshi once brought. Someone to draw out the array of characters that rotate through that studio. Someone, in Shad's words, who can connect.

"This show is less about hard 'J' journalism, more about a heart-to-heart kind of conversation," he told Metro during an interview in the days after he was announced as q's new host.

He's had little more than a month to prepare and to shake off the nerves that seemed to take hold of him that day as he stood in the cavernous CBC headquarters, the iconic CBC emblems and faces of CBC stars all around him. Except, of course, Ghomeshi's.

"One thing he did is he brought his curiosities to the interview on a personal level," Shad said when asked if there was something he could learn from Ghomeshi's style as an interviewer.

"You could tell he was invested in the answer, like you might have the answer for me, for me personally, you know?"

In a T-shirt and hoodie, and a lopsided toque, Shad put on few airs. He had a direct gaze and a natural ease, little interested in being a celebrity, it seemed, and little interest, he said, in the celebrity of others.

"Celebrity has power, but I think the show is about more profound stories.

"I'm not interested in a show about celebrity, and I don't think the team is interested in a show about celebrity," he said.

The CBC might disagree.

Landing big-name guests has been a crucial part of its success on both side of the border.

Shad also said he doesn't think q needs to pander to its large and important American audience.

"I think you can have a Canadian show that still connects with American audiences," he said.

For the CBC, much rides on whether Shad will live up to hype as q's new champion. He himself said he hardly knows what to be afraid of, walking into the show with little experience as a broadcaster or host. There will be ratings to measure his success and the feedback of q staff.

Shad says his success as q's host will be a measure of his own abilities and risk taking. LIZ BEDDALL/METRO

For Shad, success will be a measure of his own abilities: "Am I pushing myself to ask the questions that Canadians need answers to? Am I pushing my talent and my courage? Am I taking risks? Am I scared half the time?"

But it will be Canadians who ultimately judge him, and find Shad q's saviour, or not, starting today.

Stephen Colbert, right, and George Lucas. GETTY IMAGES

LATE-NIGHT TELEVISION

George Lucas weighs in on Colbert's career

Stephen Colbert came to the Tribeca Film Festival to interview filmmaker George Lucas, but the Star Wars creator had a question of his own.

"The perfect choice to replace that Jon Stewart fellow would have been you," Lucas told Colbert. Why, he wanted to know, wasn't he replacing him?

Colbert, who replaces David Letterman in September as host of The Late Show on CBS, tried to explain. "Trevor Noah is a very funny guy," he said of Stewart's recently named replacement.

Moreover, he said, "I don't want to be the guy to take over from Jon Stewart. I worked for Jon Stewart at that show, and my memories will always be of him being the keenest, most intelligent, most beautifully deconstructive mind ... And I would never, however successful I'd be, get out of his shadow."

Lucas then suggested that Colbert wouldn't need to get out from Stewart's shadow; he could simply "start jumping on his body and shouting, 'I won! I won!'" THE ASSOCIATED PRESS

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BUDGETING

Forget credit: An emergency fund means cash in the bank

MONEY MATTERS
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How long could you go without a paycheque? If you were to get sick, or if someone you loved needed to be cared for, how long would you last on what you've got sitting in the bank? If you were downsized, right-sized or wrongly dismissed, how long till the money runs out? If you tripped and fell, broke your wrist, your leg or your back and couldn't work, how long would you last?

As your first line of defence against the unexpected things life will throw at you, an emergency fund is indispensable. Without an emergency fund, you'd have to turn to credit to fill the holes. And, no, a line of credit is not an acceptable emergency fund. It's debt waiting to happen. A true emergency fund is cash in the bank.

If you're thinking, "Unemployment will tide me over," have you ever looked into what unemployment insurance pays? Talk about having to adjust your expectations! And, besides, getting a cheque isn't a sure thing. If you haven't worked enough hours to qualify, you're SOL. And if you hate your job — or the boss ends up chasing you around the desk — and you quit, you're SOL. Whatever reason you may have for "voluntarily" leaving your job, it's unlikely that you'll see a penny. And don't think getting yourself fired is the cure … you likely won't see a penny either, since being turfed for bad behaviour will disqualify you, too. Never mind the fact that no one else will want to hire you. And then there's the EI wait period. Whatcha gonna eat for those many weeks you have to wait for your first cheque?

If you're thinking, "It won't happen to me," wake up! If you honestly believe unexpected bills and misery simply can't come your way, you're delusional. All kinds of things go wrong in life: Lovies get sick, companies go belly up, people die. Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.

So how much cash in the bank are we talking about? Work towards accumulating six months' worth of essential expenses. When I talk about essential expenses, I'm talking about the most basic costs being covered: rent/mortgage payment, property taxes, utilities, car payment, insurance of all kinds, food, minimum payments on your debt repayment. You can cancel the cable. You can find free fun. And that cellphone? Call and say it's lost and suspend your service!

People often can't wrap their heads around the idea of getting a pile of money together for an emergency. The concept of having enough to cover six months' worth of expenses is just too overwhelming. You've got to break it down into manageable pieces so you don't stop before you even get started.

How much?

6 mos.

An emergency fund can help you weather any financial storm. Work toward accumulating six months' worth of essential expenses: rent/mortgage payment, property taxes, utilities, insurance, food, and so on.

Take stock of your expenses

List each category of expense you would have to keep covered: rent or mortgage payments, food, medical costs, insurance, child care, car payments, gas. These are your essential expenses: the stuff you must pay to keep the wolves from the door.

Go back over your list and cut out anything you've kept that's not essential to keeping body and soul together. If you've just gone from two incomes to one, you can give up your cable, telephone, entertainment and everything else you wouldn't die without, at least in the short term. Your emergency fund is designed to cover the essentials of life.

Now write in the average monthly amount for each of your essential emergency expenses. Then put six check boxes beside the amount.

Pick the first expense you want to have covered. Let's go with shelter for our example, and say you need $1,800 to cover your rent or mortgage payment.

How much can you save every month? Open up a high-interest savings account and have the amount you've decided on deducted from your regular account to this account every month. When you've got your first $1,800 in your emergency fund savings account, you're going to put a check mark in one of your boxes. There. You've done it. One month's worth of shelter money at the ready, just in case.

A final warning: Some people, having accumulated a healthy emergency fund, have a problem with the concept of the money just sitting there. Once they've built up a couple of thousand dollars, they start thinking of that money as spendable. The vacation becomes a "sanity emergency." The replacement windows become a "home emergency." They run up their credit cards and that becomes a "debt emergency." They find a way to rationalize spending the money because the idea of having that money sitting there is so foreign to them.

Don't fall into this trap. Remember, your emergency fund is all that stands between you and destitution!

"Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.

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APPS REVIEWS PICKS FOR THE WEEK

MIND THE APP

Kris Abel
@RealKrisAbel

The latest gore-filled edition of a gaming classic, J. K. Rowling gets illustrated, and a friendly monster energizes your fitness routine.

VIDEO GAME

Mortal Kombat X

- PS4/Xbox One/PC
- Rating: Mature 17+

With fatalities from face eating and disembowelment, this tenth entry is the goriest of the franchise. Yet its fighting is accessible, its characters diverse, and its dense story is really good-humoured. With combo chains and more interactive arenas it's perhaps the best in the series; just don't play it on a full stomach.

EBOOK

Very Good Lives

- By J. K. Rowling
- Kindle/iBooks/Kobo

Rowling's Harvard commencement address on failure and imagination was written to be spoken aloud and so this text uses poetic illustrations to visualize the expressive nature of her voice — the way she shares details on the side, releases ideas into the skies, and paints vivid memories is both dark and insightful.

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VANCOUVER & RICHMOND CAMPUSES

Customers try on an Apple Watch in Milan, Italy on Friday. The new technology means more bite-size news being directed at readers, say media analysts. JACOPO RAULE/GETTY IMAGES

A glance towards the future of journalism

APPLE WATCH

The New York Times, Yahoo ready bite-size news platforms

With the Apple Watch expected to sell in the millions, news organizations are refocusing their efforts to become part of that tiny screen.

In the news business, this is now called "glance journalism."

The Apple Watch, expected to catapult to the leading item in wearable technology, opens up new possibilities to a news industry seeking to connect with audiences in the digital era.

The New York Times says its app for the Apple Watch will be "a new form of storytelling" and that "editors on three continents" will update notifications. Readers will be able to "hand off" an article to view on an iPhone or iPad.

Yahoo will have four apps for the Apple device, including a news digest updated hourly with "microsummaries" of major stories, as well as apps for fantasy sports, weather and one specifically for Hong Kong news.

CNN and National Public Radio also have apps for the Apple Watch, and others are expected to follow. The new technology means more bite-size news being directed at consumers, say media analysts.

"We are about to enter the era of at-a-glance journalism'," says Mario Garcia, a consultant with Garcia Media and faculty member at the Poynter Institute for Media Studies, in a blog post.

Garcia, who is also participating in a research project on news for smartphones with Aarhus University of Denmark, said he is "fascinated" with the possibilities.

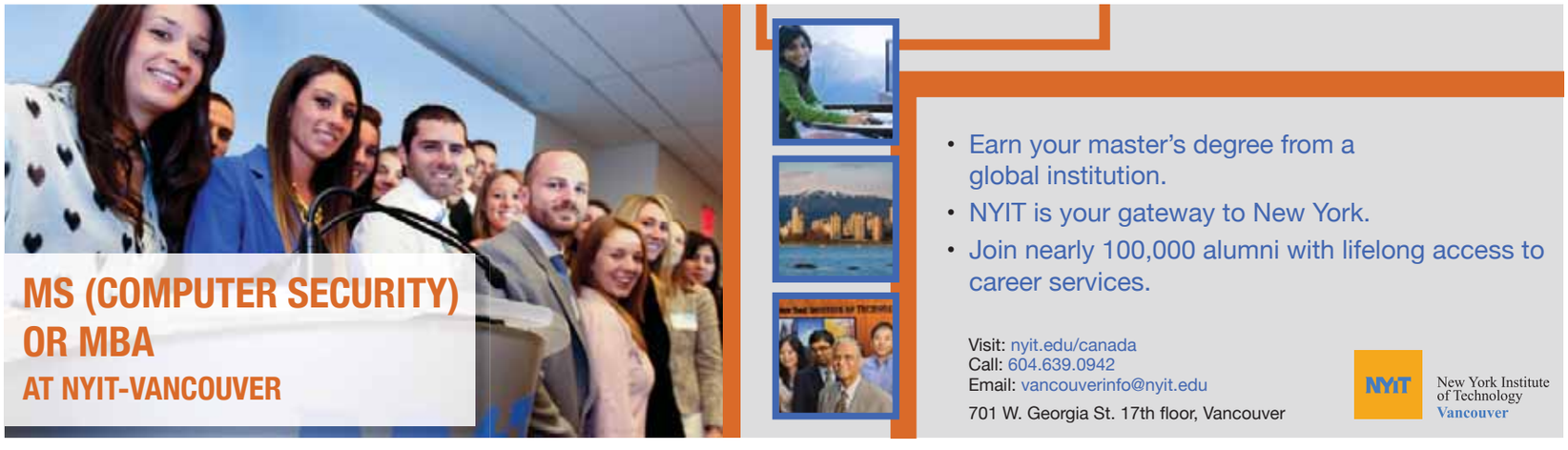
"It is more difficult to pull an iPhone out of one's pocket or a purse in a crowded New York City subway than it would be to glance at one's watch," he said.

"So, I predict that we will be doing a lot of glancing, as in reading seductive headlines and deciding if we read or not."

The emergence of wearables offers a new platform for the news media — one that is fast, personal and always on, says Robert Hernandez, who teaches mobile journalism at the University of Southern California.

"The ability to access knowledge will be quicker with the watch." For newsrooms, it is "a new opportunity to be part of this person's body," Hernandez said.

And journalism will find a way to use the smartwatch, he said: "When Twitter came out, people were saying 'You can't do journalism in 140 characters,' but it has now become an essential tool." AFP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The magic money talk

NEGOTIATION

Sussing out a salary can be stressful — don't let it be

OFFICE RELATIONS
Eleni Deacon

Aim too high in your salary expectations and you'll price yourself out of the running. ISTOCK

You're in the home stretch of your second interview for a golden-opportunity job. You've aced every answer and made your potential boss laugh. There's one issue, however, that must still be addressed: your salary expectations. For many interviewees, this is a question to dread. But talking pay should not cause pain.

Which is not to say that articulating salary expectations is simple. Aim too high, and you price yourself out of the running. Stoop too low, and you'll not only look inexperienced — you'll also corner yourself into a ho-hum income. You want to find your salary sweet spot: a figure that both you and your prospective employer find fair. But without knowing what's on offer, how can you name your range?

First, do your research. There are several websites that calculate loose — if not entirely reliable — guidelines for the pay scales in different fields. You should also talk numbers with people who work in similar domains. Remember that job interviews are about determining your knowledge and fit. Naming a market-range salary makes you a more feasible candidate — and it also shows your industry savvy.

On the day of your interview, expect to be asked about your expectations. Should discussing money make you antsy, practice beforehand. Determine if there is any outstanding information you need — like whether your compensation package will include benefits or perks — and ask all relevant questions before citing your rate. Make sure you're comfortable with the bottom end of your scale.

Despite careful prep, many job hunters will be offered salaries that fall well below their expectations. When faced with weak wages, assess the position's non-monetary value. Are there growth opportunities within the company? Will you be learning significant new skills or making valuable connections? A solid salary is just one element to fulfilling work.

THE NUMBERS

Keep it narrow

While it's smart to propose a range in your salary expectations, don't make it too wide. $45 to $50K suggests flexibility; $30K to $60K suggests you're flinging digits with no concept of your own worth.

WORKSPACE

De-cluttering helps productivity flow

Whether you work from home or in a cubicle, one thing is almost always certain — a messy desk has a way of interrupting our workflow. Want proof? A 2011 study out of the Princeton Neuroscience Institute found that cluttered, untidy environments impair our ability to stay on task.

Office organizing expert Kacy Paide says the mess will continue distracting you until you address it.

"There's this nagging voice in the back of most people's heads that makes them feel guilty if they're not organizing," she says.

Before you start trashing stuff, you first need to do an audit of what's actually in your workspace. In other words, pinpoint where the biggest concentration of junk is.

"I always teach people about the power of grouping like with like," says Paide. "It's an easy, open-ended method that can be as simple as separating paper from office supplies."

Once you start creating piles, you'll naturally see what's making up the bulk of your clutter.

From there, let the piles lead your to-do lists. For example, you'll likely have a pile of paper that requires some sort of action (like a phone call or a bit of research).

After you've identified the clutter and cleared it away, you'll be left with the things that can either be stored or displayed on your desk for easy access. MARIANNE HAYES/METRO IN NEW YORK

Identify clutter and clear it away. ISTOCK

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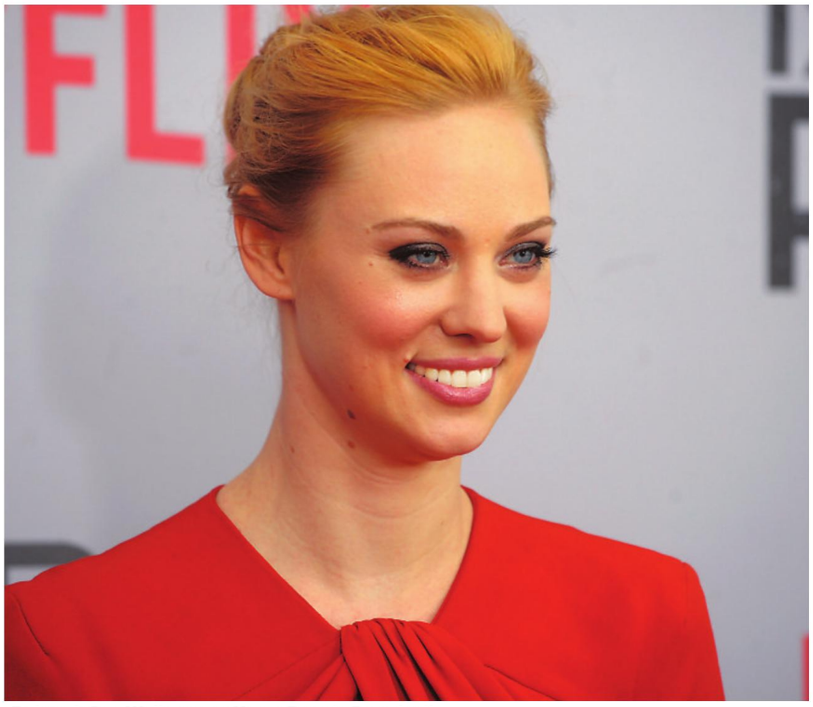
Daredevil star a 'proud dork'



Deborah Ann Woll stars as Karen Page in Daredevil. GETTY IMAGES

DEBORAH ANN WOLL

Marvel character starts off sweet, but turns into a drug addict

Richard Crouse
Metro | Life

A quick Internet search turns up many adjectives used to describe Daredevil star Deborah Ann Woll; gorgeous, talented and cute to name just a few.

The redheaded actress uses other terms to describe herself.

"There's nerd, geek, all those words," she says. "I am settling closer and closer to dork. I am a very proud dork."

The former True Blood star — she played fierce teenage vampire Jessica Hamby for seven seasons on the hit show — embraces her inner dork — "I'm Dungeons and Dragons player, a Mystery Science Theatre buff. I like board games."

She says the role playing games have benefits beyond entertainment value.

"Sometimes I feel socially awkward. I feel like sometimes I have trouble connecting to people who are more extroverted.

"Something like Dungeons and Dragons or a board game is a way for me to be social but it takes some of the responsibility off of me myself. If I don't feel impressive as myself, I can feel impressive as Mistress Pyrona, the Genosi Sword Maiden. Like my acting, it gives me a little bit of support.

"Playing Dungeons and Dragons isn't at all like acting but it is that idea that you can be braver when you're someone else."

On the Netflix series Daredevil, she plays Karen Page, secretary and soon-to-be love interest of Matt Murdock, a blind lawyer who moonlights as crime fighter Daredevil.

The character has been around since the first Daredevil comic in 1964 but has changed substantially over the years. Page began as innocent and sweet, but slowly morphed into a "heroin-addicted porn star," a character that gives Woll lots to work with.

"I like characters that change. For my Karen I said, 'Alright, she's going to have moments when she's innocent, sweet and fun to be around and she'll have moments where she's dark and a little addicted to that adrenalin rush and danger. I want both of those things to live in her at the same time.' We started her with a bit of a past, which hopefully, if we get to do any more of Daredevil we'll find out about."

> **"Dungeons and Dragons isn't like acting, but it is that idea that you can be braver when you're someone else."**
> Actress Deborah Ann Woll, on role-playing games

IN BRIEF

Teens who watch onscreen drinking more likely to binge

Movies and television series in which main characters indulge in alcohol influence teens to do the same a study suggests. Researchers at the University of Bristol focused on the behaviour of teenagers to study the impact that films heavy on drinking had on them.

Their conclusions reveal that teens who watched the most on-screen drinking were 20 per cent more likely to be tempted by alcohol and 70 per cent more likely to partake in binge drinking. Furthermore, the researchers noted that for these teens, the chances of drinking more than once a week were doubled, as were the chances of suffering from alcohol-related problems. AFP

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Eugenie Bouchard lost both of her singles matches in Canada's loss to Romania in Fed Cup World Group action

Canucks fall behind 2-1

NHL

Game 3 continues bitter series with penalties

Cam Tucker
Metro | Vancouver

Sam Bennett scored his first NHL goal in the Calgary Flames' 4-2 playoff win over the Vancouver Canucks on Sunday.

Defenceman T.J. Brodie contributed a goal and an assist, with Brandon Bollig and Sean Monahan also scoring goals as Calgary took a 2-1 lead in Western Conference quarterfinal series.

Goaltender Jonas Hiller made 23 saves for the Flames, who were hosts of an NHL playoff game for the first time since April 27, 2009.

Shawn Matthias and Jannick Hansen countered for the Canucks, with Eddie Lack stopping 23 shots in the loss.

Game 4 is Tuesday at Scotiabank Saddledome before the series returns to Vancouver for Thursday's Game 5.

GAME 3 On Sunday

Jonas Hiller of the Calgary Flames stops the shot of Bo Horvat of the Vancouver Canucks in Game 3 of the Western quarterfinals during the 2015 NHL Stanley Cup Playoffs at Scotiabank Saddledome Sunday in Calgary. DEREK LEUNG/GETTY IMAGES

Bennett, 18, provided an insurance goal for a 3-1 lead at 2:14 of the third period.

The fourth-overall pick in the last year's NHL draft scrambled to the net on Joe Colborne's sharp-angled shot and slipped the rebound by Lack.

It was Bennett's first game at Scotiabank Saddledome since he saw action in a pre-season game Oct. 2. He underwent shoulder surgery later that month.

Bennett rejoined the Flames in time to make his NHL debut and record an assist in Calgary's regular-season finale. Bennett played in both playoff games in Vancouver.

With Canucks defenceman Yannick Weber serving a goaltender interference penalty and teammate Dan Hamhuis joining him in the box for an illegal check to Bennett's head, Monahan scored his first NHL playoff goal on Calgary's two-man advantage at 14:36.

Hansen pulled the visitors within two goals, with a snap shot that beat Hiller at 17:41.

Calgary opened the best-of-seven series with a 2-1 win, but fell 4-1 in Game 2 at Rogers Arena.

That second game in Vancouver ended with a line brawl and 132 minutes in penalties assessed.

The animosity re-surfaced in a scoreless second period Sunday with jawing, face-washing and shoving after whistles.

Calgary forward Johnny Gaudreau skated to the bench in pain after he chopped across the arms by Hamhuis, but continued to play and assisted on Monahan's goal.

IN BRIEF

Islanders win Game 3 over Capitals

Islanders captain John Tavares scored 15 seconds into overtime to lift New York to a 2-1 win in Game 3 of their first-round playoff series over the Washington Capitals on Sunday.

Kyle Okposo also scored for the Islanders, who took a 2-1 series lead.

Game 4 is at Long Island on Tuesday.

THE ASSOCIATED PRESS

Blackhawks pull ahead in series with 4-2 win

Jonathan Toews had a goal and an assist, and the Chicago Blackhawks used a three-goal second period to beat the Nashville Predators 4-2 on Sunday for a 2-1 lead in their first-round playoff series.

Marian Hossa had two assists and Scott Darling made 35 saves to help Chicago win for the 20th time in its last 24 postseason home games.

THE ASSOCIATED PRESS

Sens waste power plays

Dale Weise scored twice — including in overtime — as the Montreal Canadiens beat the Ottawa Senators 2-1 to take a 3-0 lead in their first-round series.

The Canadiens went 0 for 6 on the power play. The Senators failed to score on two chances with the man advantage.

Game 4 goes Wednesday in Ottawa.

THE CANADIAN PRESS

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Big 3 stakes Cavs to an early series lead

NBA

Irving scores 30 points against Celtics in playoff debut

More than an hour after his first playoff game with LeBron James and Kevin Love, Kyrie Irving made a statement more profound than anything he did on the floor.

"We," Irving said, "are the Big 3. We have really great players on this team, but we set the tone."

Tone set.

Irving scored 30 points in his playoff debut, James added 20 in his first post-season game with Cleveland in five years and Love shook off a slow start to record a double-double, leading the Cavaliers to a 113-100 victory in Game 1 over the Boston Celtics on Sunday.

Irving made five three-pointers and Love, another post-season rookie, added 19 points — 13 in the second half — and 12 rebounds

James was proud of how his teammates handled their first venture onto the playoff stage.

"They were phenomenal," he said. "Those two guys, they succeeded for the first time being in the post-season."

It was Cleveland's first home playoff game since May 11, 2010, when the Celtics won Game 5 and James left the floor to some boos from Cavaliers fans. He departed for Miami two months later, but he's home now, all is forgiven and Cleveland is aiming to end a championship drought dating to 1964.

Isaiah Thomas scored 22 points to lead the seventh-seeded Celtics. They will try to even the best-of-seven series in Game 2 on Tuesday night.

Grizzlies 100, Blazers 86

Reserve Beno Udrih scored 20 points and the Memphis Grizzlies never trailed in routing the Portland Trail Blazers in Game 1 of their Western Conference first-round series.

Zach Randolph had 16 points and 11 rebounds, and Marc Gasol added 15 points and 11 rebounds.

LaMarcus Aldridge led Portland with 32 points while taking more shots than anyone had ever taken against Memphis in the post-season, going 13 of 34.

Hawks 99, Nets 92

Kyle Korver scored 21 points, including five three-pointers, and the top-seeded Atlanta Hawks held off the pesky Brooklyn Nets in Game 1 of their series.

The Hawks led nearly the entire game and pushed the margin as high as 16 points, but the Nets kept coming back.

THE ASSOCIATED PRESS

The Cavaliers' LeBron James throws down a dunk for two points on Sunday against the Celtics. JASON MILLER/GETTY IMAGES

MLS

Mattocks tallies in Whitecaps road win

Cam Tucker
Metro | Vancouver

A lightning rod for controversy at times earlier in his Vancouver Whitecaps career, Darren Mattocks has reaped the rewards for his fiercely determined play of late.

Mattocks scored the lone goal on Saturday and the Whitecaps came away with a 1-0 road win over Real Salt Lake to maintain top spot in the overall Major League Soccer standings, albeit eight games into their 2015 regular season.

Mattocks timed his jump perfectly and headed home a Russell Teibert cross into the box in the 80th minute to give Vancouver the lead.

The Whitecaps hung on from there, playing against a Real Salt Lake side that was reduced to nine men late in the second half after two red card ejections.

Mattocks is now up to two goals on the season, three behind Octavio Rivero, who leads the team in that category.

Darren Mattocks GETTY IMAGES

"He's worked his socks off (Saturday). Not just Darren, but every single player on my team and you're going to have to do that, especially in places like Salt Lake," head coach Carl Robinson told reporters.

"We have a bunch of guys that are so talented," said Mattocks, "but we are also willing to put in the work defensively even though that's not always fun to do."

The Whitecaps return home to face D.C. United on Saturday at BC Place Stadium.

MLB BRIEFS

Jays rookie has rough game

Dalton Pompey shouldered the blame Sunday for the Toronto Blue Jays' 5-2 loss to the Atlanta Braves.

The rookie centre-fielder from Mississauga, Ont., figured in four of Atlanta's runs, three scored when he misplayed Jonny Gomes' first-inning fly ball with the bases loaded. THE CANADIAN PRESS

Cruz power Mariners' comeback win over Rangers

Austin Jackson singled in the tying run in the ninth inning, Nelson Cruz followed with a two-out single for his fifth RBI of the game, and the Seattle Mariners overcame a pair of five-run deficits to beat the Texas Rangers 11-10 on Sunday. THE ASSOCIATED PRESS

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Cook time: 20-25 minutes

Directions

1. Preheat the oven to 425°F. 2. Whisk together the flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, for about 3–5 minutes or until the mixture is hot and thickened. Stir in the 3/4 cup cheddar and Parmesan cheeses and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat.

2. Meanwhile, bring a large pot of water to a boil. Add the macaroni and cook for about 8–10 minutes, until tender but still firm. Drain well and place in large oven proof skillet. Add the cheese sauce and chicken and toss to combine.

3. To make the topping, combine the breadcrumbs, Parmesan and oil in a small bowl. Sprinkle evenly over the macaroni and top with ¼ cup cheddar cheese.

4. Bake in the center of the preheated oven for 10–15 minutes or until the filling is hot and the top is golden. Garnish with the parsley and serve right out of pan.

Ingredients
- 2 Tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 Tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow macaroni
- 3/4 cup diced cooked chicken topping
- 3 Tbsp seasoned dry breadcrumbs
- 1 Tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 Tbsp chopped parsley

Nutrition per serving
- Calories 321 • Protein 25 g
- Carbohydrates 37 g
- Fibre 1.6 g • Total fat 9 g
- Saturated fat 3.9 g
- Cholesterol 41 mg
- Sodium 391 mg

PHOTO: ROSE REISMAN

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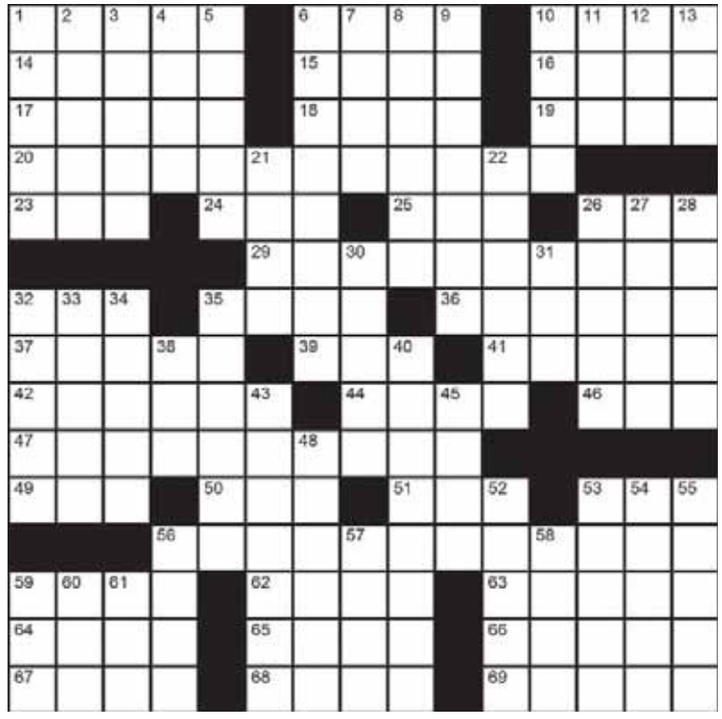
BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Casually converses
6. Mil. ranks
10. Optimism
14. Shack
15. Jai's usual follower
16. Sacred bird of ancient Egypt
17. Marketplace of ancient Greece
18. Variety
19. Does a 'Thou shalt not'
20. Hot trend in horticulture: 2 wds.
23. Abolish
24. :(
25. "__ _ Slave 4 U" by Britney Spears
26. A fox is this
29. Thoroughfare (spelled out here) in Langley, BC that runs alongside the U.S. border: 2 wds.
32. Energy
35. Casino game
36. Antique finish
37. Blow _ __ (See red)
39. "__ Wiedersehen!"
41. Green stones
42. Lap the other track racers again
44. Tepid
46. East: French
47. Name of Michael Snow's soaring Canada Geese artwork in the Toronto Eaton Centre: 2 wds.
49. MLB's Cardinals, on scoreboards
50. German 'I'
51. _-Tac-Toe
53. Bread roll variety
56. Theme of the Royal Tyrrell Museum in Drumheller, AB
59. Be open-wide
62. "Deal __ __ Deal"
63. Car polishing person
64. Mr. Clapton
65. _ the crack of dawn: 2 wds.
66. www mag
67. "Star __"
68. 'Great' dog breed
69. Leases

DOWN
1. Fray
2. Wrestling Hulk
3. Cold shoulder it
4. The Yukon, e.g.
5. Finishes off, Knight-style
6. Newfoundland town; or, Jan & Dean's "The Little Old Lady from __"
7. Madrid 'flower'
8. Fitness routine component
9. Guide for visitors to a web page
10. Disapproving noise
11. Fabric belt
12. ATM-user's code
13. 'Host' suffix
21. Fixed stare
22. "__ Rug" by Victoria-born singer Ian Tyson
26. Catty
27. Montreal 'moons'
28. Leavening agent
30. Awaken
31. In-flight info, for short
32. Paper sleeves encircling hot takeout cups of coffee
33. "Because _ __ like it!" (That's why!)
34. Student
35. Ottawa-born singer Ms. Chante
38. U.S. performers' org.
40. Citation below the text
43. "Charlie __. __" (2010) starring Zac Efron
45. BBQ rod
48. Mount Everest professional
52. Retreat in fear
53. Confine: 2 wds.
54. Insurance professional
55. Ceremonial funeral stacks
56. Actor Gregory
57. __ __ even keel
58. Chill out
59. Acquire
60. Get there, briefly
61. Circular dessert

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may not have been serious about a social or political issue in the past but you are certainly serious about it now. You won't rest until you've had your say and made your mark.

Taurus April 21 - May 21
It's not often you splash out on gifts for other people but with the Sun moving into your sign today you are in an optimistic, and therefore generous, mood.

Gemini May 22 - June 21
The next few days could be special for affairs of the heart. But you also have some thinking to do, so set aside an hour or two where you can be alone with your ideas.

Cancer June 22 - July 23
Don't worry too much about trying to impress other people. With the Sun firmly on your side again you will get all the approval you could wish for over the next few days.

Leo July 24 - Aug. 23
Someone who is usually the life and soul of the party is a bit depressed at the moment and you must make it your business to find out what is wrong. Calm their fears and cheer them up.

Virgo Aug. 24 - Sept. 23
One way or another you will get what you want over the next 24 hours. But you will get it quicker and easier if you avoid strong-arm tactics and use charm and persuasion.

Libra Sept. 24 - Oct. 23
The Sun leaves the relationship area of your chart today but that is not an excuse to pay less attention to the one you love. Show a little passion over the next 24 hours.

Scorpio Oct. 24 - Nov. 22
Your instincts are telling you that a calculated risk of some kind could pay off in a big way but do you have the courage to go through with it? Only you can make that decision but make it soon or the opportunity will be gone.

Sagittarius Nov. 23 - Dec. 21
You will be the center of attention for all the right reasons over the next 24 hours. Your wit and your charm will attract others.

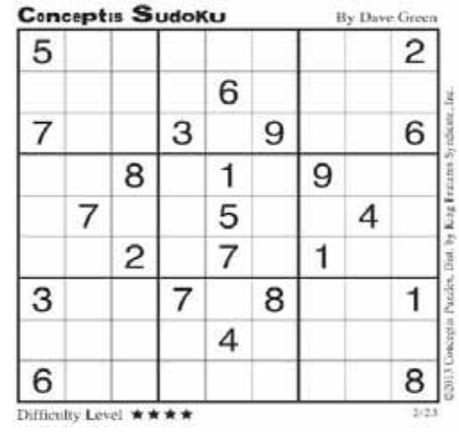
Capricorn Dec. 22 - Jan. 20
Don't push yourself too hard as the new week begins. The Sun's move into the most dynamic area of your chart will fill you with energy and enthusiasm but you need to plan a bit too.

Aquarius Jan. 21 - Feb. 19
Something will grab your attention today and you will be focused on it to the exclusion of everything else. Remember, though, that other people exist as well.

Pisces
Feb. 20 - March 20
The time has come to forgive and forget. The Sun moves on today and so must you – there is simply no point hanging on to disputes that belong in the past.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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